

**Recipe Name: Crockpot Mexican Quinoa Tacos****Submitted By: Heather Romine**

Recipe Categories: Main Dishes &amp; Meats

**Ingredients:**

- 1 cup quinoa
- 1 cup chicken stock (or vegetable broth)
- 2 cans (15 ounces each) black beans
- 1 can (14.5 ounces) diced tomatoes in tomato juice\*
- 1 can (10 ounces) enchilada sauce\*\*
- 1 can (15 ounces) corn
- 3 tablespoons or 1 packet (1.25 ounces) taco seasoning\*\*\*
- Corn or flour tortillas
- Optional: queso fresco cheese, diced avocado, cilantro, fresh lime

**Directions:**

1. Rinse the quinoa in a fine mesh sieve to remove bitter saponin coating.
2. In a large crockpot, add in the quinoa, chicken stock (vegetable broth to keep vegetarian), drained and rinsed black beans, undrained diced tomatoes in tomato juice, enchilada sauce, drained corn, and packet taco seasoning (or homemade taco seasoning).
3. Stir. Cover and cook on high 2 and 1/2 hours to 4 hours depending on the heat of your slow cooker.

**Important notes with cooking quinoa in slow cooker:** slow cookers cook at different temperatures!! You'll want to watch this carefully if you have a slow cooker that runs hot so the quinoa doesn't get mushy. This recipe doesn't work on low because the quinoa does get quite mushy when cooked on low for long time periods.

4. When quinoa has popped and is cooked through, serve on corn or flour tortillas and top with your desired toppings.
5. We love a squeeze of fresh lime, fresh cilantro, a diced avocado, and lots of queso fresco cheese!

**Notes:**

\*Use diced tomatoes with green chilies for more spice if desired.

\*\*I like medium enchilada sauce in this recipe. Homemade should also work -- just make sure it is to your heat preference.

\*\*\*If Gluten intolerant, make sure to buy a gluten-free taco seasoning packet.

**FREEZER MEAL! Instructions:**

1. Combine ALL of the ingredients, mix, and pour into a large sealable ziplock bag (remove any air). (Double bag to be safe!)
2. Freeze. When ready to enjoy the next day, thaw overnight in your fridge (or for 24 hours). Pour the mixture in your slow cooker and follow cooking instructions written in the recipe box.